BAR HILL NEWS

Brought to you by the Bar Hill Residents' Association
February 2020 Issue 611

How can we support the community to feel part of the solution to floods and severe weather emergencies?

THURSDAY MARCH 12th 2020
6.30 - 8.30PM
THE OCTAGON, BAR HILL CB23 8EH

Join us for an introduction to community resilience, volunteering opportunities & the support on offer from Communities Prepared, followed by Q&A, networking & refreshments.

Brought to you by Communities Prepared, a national community resilience programme, supporting communities to prepare for, respond to, and recover from severe weather emergencies.

Any queries please call 07734690580/01954 780456. An update will be published here in the March issue.

Christmas 2020 Planning

Interested in helping arrange a Christmas tree and events for Bar Hill? **See Page 37**.

Bar Hill Parish Council Vacancy

Are you interested in joining the Parish Council? Details on **Page 5**.

Bar Hill Fete and Festival 2020

Saturday 4th July with an American theme. Planning is well under way but any help is always appreciated! Our next meeting is on Tuesday 11th February at 7.30pm in the social club, please come along with your ideas or just to see how you can get involved. If you are unable to make it to the meeting and have any suggestions please email **sarah.whitfield8@googlemail.com**.

BLUE BIN SIDE WASTE

If you have extra recycling that needs to go out with your blue bin then in order to ensure it's collected follow these steps;

- Secure cardboard (tape or tie together) in one bundle which would fit inside the bin with the lid closed if there were space. Please don't leave it out in the rain!
- Put other recycling in one transparent sack. No black sacks
- Put any glass bottles and jars inside your bin, not the sack, for safety reasons
- If you always need to put out extra recycling, order a free extra blue bin via the South Cambs website

Deadline for next issue is 15th of the month (although the earlier the better!), please send submissions to **bhneditor@yahoo.com** - the earlier the better!.

- BAR HILL RESIDENTS' ASSOCIATION -

2018-19 COMMITTEE:

Chair	Roger Hall	01954 780 304	
Vice Chair	Kate DaCosta		kjdacosta@outlook.com
Secretary	Karen Hayden	barhillresidentsassociation@gmail.com	
Treasurer	Anne Bensted		ab10034@cam.ac.uk
Data Prot. Officer	Richard Hayden	07462 724 706	rxh321@gmail.com
	Bunty Waters	01954 201 421	bunty.waters@ntlworld.com
	Mike Nelson		mike@machineconcepts.co.uk
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	Hilary Whipp		hilary.whipp1@gmail.com
	Laura Chapman		laura.katy.foster@gmail.com
	Amber Neale		amberscott2015@gmail.com
Magazine Editor:	Andy Pellew		apellew@gmail.com
Advertising Co-ordinator:	Anne Bensted		ab10034@cam.ac.uk

The objectives of the Association are to act as an intermediary between residents and other parties, to keep residents informed of matters of importance around the village, and to promote the interests of Bar Hill.

Opinions expressed in this publication are not necessarily those of the Association.

Anonymous letters will not be published. Names and addresses may be withheld.

ADVERTISING RATES

Please see the Bar Hill Residents Association Facebook Page (facebook.com/barhillra/) or contact the Advertising co-ordinator (see above).

EDITORIAL

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion. Please submit items by 15th of the month. [Items offered For Sale will be advertised in two consecutive editions, so please let the Editor know if the item(s) sell.] All items can be submitted electronically on disk or to **bhneditor@yahoo.com**.

8 O'CLOCK CLUB

The 8 o'clock club is an independent women's group for residents of Bar Hill.

We meet in the small hall in the school on the 1st Thursday of the month during term time at 8p.m.

We have a varied programme with some speakers but each year we celebrate our original formation date with a party and next April we will be celebrating 46 years. In July we hold a garden party and a Christmas meal in December.

Our programme for the next school term is

6-FEB: Horry and Susan Parsons " There is nothing like a dame"

5-MAR: Sallie Crawley - Relaxing & reducing anxiety.

2-APR: 46th birthday party dinner (members only)

We charge £10 a year and 50p each month to cover coffee and a raffle.

If you would like to come along to one of our meetings please feel free to join us one evening or phone **Barbara Page on 204171**, **Adela Harris 204265** or **Ann Duce on 204687**. We look forward to welcoming you.

FOR SALE: Bed in a bag! A convenient and comfortable extra bed for guests. Like new. Photos available on request. Buyer collects from Bar Hill. £30.
Sarah **sadams@chesterton.cambs.sch.uk**

Bar Hill Neighbourhood Watch

"Helping to build a stronger community to combat crime and antisocial behaviour."

The Neighbourhood watch needs you! Help to keep our village safe by joining our team today.

To contact the Neighbourhood Watch in Bar Hill you can email nhwinbarhill@yahoo.co.uk

To keep up to date on the latest developments please join us on facebook: http://bit.ly/FBBarHillNHW (or search for "Bar hill NHW")

Remember to ring 999 where a crime is in progress or 101 to report any suspicious activity.

— HANOVER HOUSING —

For rent to over 60's: one bedroom apartments at Hanover Close, Bar Hill.

Benefits include:

- Estate Manager service.
- Close to bus routes/amenities.
- Building/grounds maintenance.
- Guest facilities.
- Private off-road car parking.
- Pets are welcome!

For details or to arrange a viewing call 01954 780794 (Estate Manager) or 0800 280 2575 (Enquiries).

SEWING SERVICE

If you have a sewing job you can't face, call Lyn on **01954 201113**.

Bar Hill library

Bar Hill Library
Gladeside, Bar Hill
Cambridge.CB23 8DY
0345 045 5225

Library Opening Times

Monday	**10am - 5pm**
Tuesday	**2pm to 5pm**
Wednesday	**10am - 5pm**
Thursday	**Closed**
Friday	**2pm to 5pm**
Saturday	**9:30am - 12:30pm**
Sunday	**Closed**

You'll be surprised what's in your library …

www.cambridgeshire.gov.uk/library

BAR HILL, A SOCIAL HISTORY 1949-2004 By Roger Hall

Copies are still available, priced £10, from Roger Hall, 11 Almond Grove

T: **01954 80304** or M: **07986 415244**

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LETTERS TO THE EDITOR

Dear Bar Hill Residents,

At the time of writing, we are in the penultimate week of term. Time has flown by and it is hard to believe that we are now a third of the way through the academic year! As well as continuing to work hard, the children have been enjoying preparing for and taking part in Christmas activities. This week we had our Reception Nativity, Christmas concert, the choir have been singing in the Church and we have had Christmas Jumper day. To round the week off children will be enjoying their Christmas discos. Next week we have our Panto trip to see Cinderella and Key Stage 1 will be staging their performance. We will all be enjoying Christmas lunch on the last day of term.

It is with some sadness that I say goodbye to the staff, parents and pupils of Bar Hill Primary School, as my time as interim headteacher comes to an end. I have really enjoyed working with the whole Bar Hill community. I would like to take the opportunity to wish everyone a very Merry Christmas and Happy and Healthy New Year!

In January, Bar Hill Primary School welcomes a new headteacher, Mrs Charlotte Linden. She is looking forward to working with the school and community and will do an excellent job.

With Best wishes

Joan Beale

Interim Headteacher

Bar Hill Primary School

Dear Editor,

There are going to be substantial changes to the Citi 5 service. Which is being split up at Bar Hill into the 5, 5A and 5C. I am concerned about what happens to residents travelling to and from the Villages beyond Bar Hill if the connecting Citi 5 service is late. This could lead passengers to be delayed for an hour for the next service, and this will impact both convenience and passenger usage. I am disappointed that Stagecoach have not put up any posters on buses or at stops to communicate these changes so far. You can find a copy of the new timetable from 5th January here;

https://tinyurl.com/slpltyp

Regards,

Anthony Mitchell, Pheasant Rise

Dear Editor,

Bar Hill Colts Under 10s (Giants) have had a fantastic first half of the season, only losing once in the league.

We have had four new players all make their debuts for the club.

We are looking for new players to come and join as next season we will be starting 9v9. Don't hesitate to contact Sam Wilson on 07468455880.

We will begin training again after Christmas on the Astro on Tuesday the 7th of Jan.

All School year 5s are welcome.

Regards,

Kate Starling, Club Secretary

Bar Hill Colts

SING IT OUT

COMMUNITY CHOIR

Weekly on Mondays From 7.30 - 8.30pm in the Octagon

If you enjoy singing popular songs/musicals then you will be very welcome to join us.

If you need more information please email Mel Stamp at singitout@virginmedia.com

Dear Editor,

Gail and Richard would like to thank all our visitors to our Christmas lights raising funds for the cardiac unit Addenbrook's.

We all raised a fantastic £144.08

THANKYOU

Gail and Richard,

Appletrees

Dear Editor,

On Saturday 28 December, Sue Kenchington and her team of helpers arranged a Twixmas afternoon to cheer up some of the local 'oldies', many of whom spent a great deal of the Christmas period alone.

I'd like to say how much my sister and I enjoyed the afternoon. We had a quiz on 2019, a page of puzzles was on the table to contemplate over the course of the afternoon. We had dancing and plenty of sandwiches, sausage rolls and a few other treats, followed by several home-made cakes. Delicious!

Sadly Sue et al were discouraged from repeating this, as of the 39 folk she had expected, only 19-20 turned up.

We were very sad to hear this as it had been a pleasant afternoon. Perhaps if Sue had chosen to charge us – perhaps £5 each – many of those who said they would come, and who were catered for, would have actually turned up.

Shame on those who put their names down to come then didn't bother. You've spoiled it for those of us who had a good time…

Jan Cundy, Hanover Close

BAR HILL PARISH COUNCIL

Parish Council Office, Hanover Close, Bar Hill. CB23 8EH
01954 780456 - clerk@barhillpc.org.uk
Chairperson: bunty.waters@barhillpc.org.uk

Drop in Councillor Sessions commence again on Monday 27 January 2020, 10.30am to 12 noon at the Parish Council Office, Hanover Close, Bar Hill. Next scheduled sessions are Monday 24 February 2020 and Monday 30 March 2020.

Autumn/Winter Tree and Hedge works completed. Tree and hedge maintenance programmes carried out by the Council annually and follow the report and survey the Council receives from our Aboriculturalist, based on a 3-year cycle of works. The next review by the Council and programme of works will take place from August 2020.

New seats for swings in play area will be installed shortly. Apologies there has been some delays with our suppliers in respect of these issues.

WOULD YOU LIKE TO BE A BAR HILL PARISH COUNCILLOR?

VACANCY (to be filled by co-option)

We currently have one vacancy, to be filled by co-option, to help manage the Council's resources, including green spaces, trees, play areas, buildings, and decide on strategies, what activities to support and on what to spend money for the community. Responsible to the people of Bar Hill as well as monitoring and ensuring effective provision of services from other local authorities.

Further details and information pack, please call the Parish Council Office on 01954 780456 or email clerk@barhillpc.org.uk and visit www.barhillpc.org.uk

Expression of interest letters to be submitted to the Clerk at the above address by 10 February 2020 setting out your interest, skills and abilities to contribute to the role of the Council (approx. 100 words)

Mrs S Bell – Parish Clerk

Services during February

Sun 2 February	10:00 am	Morning Communion (Anglican)
	6:00 pm	Informal Worship
Sun 9 February	10:00 am	All Together Worship
Wed 12 February	10:00 am	Midweek Holy Communion
Sun 16 February	10:00 am	Morning Communion (Reformed)
Sun 23 February	8:00 am	Holy Communion
	10:00 am	Morning Worship
Wed 26 February	7:30 pm	Ash Wednesday (Imposition of Ashes & Holy Communion)

Social Calendar for February

Olive Tree Bereavement Support Group Saturday 8 February, 10:30 am to 11:30 pm in the Octagon and Meetings Room. Contact Chris 01954 781978 or Sue 01954 780260.

Knit & Natter every Thursday 1:15-3:00 pm in the Octagon. Contact Sue 01954 780260.

Coffee Stop every Wednesday 10:00 am to noon in the Library. Contact Sue 01954 780260.

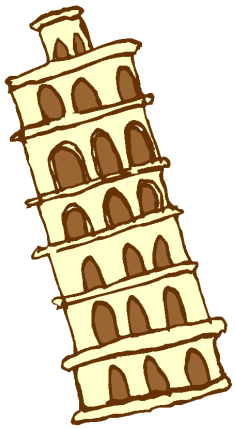
Art Group every Wednesday 1:30-4:00 pm in the Octagon (Contact Jan 01954 201495)

Messy Church Wednesday 19 February, 3:15 pm to 5:15 pm, in the Octagon. (Contact Peter by text 07586 249966)

Bring Your Own Craft Group Saturday 22 February 2:00 pm in the Octagon. Contact Karen 01954 781085.

Open Prayer every Thursday morning in the Worship Hall 9:15am-10:00am. Contact Ginny 01954 789206.

Holiday at Home



An annual event provided for people who might otherwise find it difficult to get away.

Holiday At Home 2020 will take place from Tuesday 14 to Thursday 16 April 9:30 am-1:00 pm daily. This year's theme is 'bella Italia' - Italy. Anyone interested should contact Sue by e-mail (kenchington@supanet.com) or phone (01954 780260).

Indoor Car Boot Sale

Saturday 15th Feb in the main worship hall.
Times: sellers to set up from 9.00am, sale will be 10.00am- 1.00pm.
Booked in advance £8 per space, plus an extra £2 if you want to hire a table.
(£10 on the day, if any spaces left)
Entrance £1, children free
Refreshments available

Sellers must book in advance; please contact Di Gunton Dianne.gunton@gmail.com

Church Contacts

Church Office	Ian Pryke	01954 206120 office@barhillchurch.org.uk
Minister	Rev Charles Mather	01954 277119 Charlesmather20@yahoo.com
Address	Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge CB23 8EH	
Website	https://barhillchurch.org.uk	
Facebook	https://facebook.com/barhillchurch	

DISTRICT COUNCILLORS REPORT - FEBRUARY 2020

I would like to wish a very Happy and Healthy New Year to you all, with lots of New Year resolutions to take forward, I want to remind groups in the village that they can apply to the South Cambs Community Chest for up to £1000 funds for any of their needs, for example a Lawn Tennis Club received £1000 towards new net posts, a Youth Football Club funds towards purchasing a new line marking machine, another for sports equipment so please do apply.

I know the Parish Council is applying for the free trees offered by South Cambs, as one of the villages in South Cambs with so many trees they will be an addition.

OPEN PORTAL at South Cambs

This is an online customer portal which enables Council Tax payers, Benefit claimants and Business Rates customers to view their account and/or claim details online. This would provide you with 24/7 access to your account details. The eBilling part of this solution also enables users to receive (where requested) their bills and benefits notification electronically and view them online via OPENPortal. Customers will also be able to request a copy bill through OPENPortal soon.

Recycling your food waste

Did you know that the food waste you put in your green bin is composted along with garden waste to make soil conditioner for local farms and gardens? But for that to happen it's important to get it right – for example we don't want plastic to be spread on fields where food is grown.

Use a kitchen caddy to separate food waste, and line it with paper, not bio-plastic

Include tissues and kitchen paper along with all cooked and uncooked food waste, including meat, bones and dairy

Regularly empty your caddy into your green wheelie bin and put it out for collection on your normal recycling day

Please don't forget I can get you a caddy from South Cambs – free – and the bags are £3 for 50, really good value.

STREET SWEEPING

South Cambs has introduced zonal working, so residents can see when we are due to be working in their zone, and when the litter bins in their village are emptied. We are still able to act responsively to deal with situations outside the zones, but it is much easier for us to monitor what needs to be done, and act on reports from residents about hotspot areas in an efficient manner. You can find out your zone and schedule at https://www.scambs.gov.uk/climate-and-environment/street-care-and-cleaning/

Welcome if you are new to the village, contact me if I can help in any way or you would like more information

South Cambridgeshire District Council

Please contact me if you would like further information, help, or advice
Bunty Waters - bunty.waters@ntlworld.com **07734 690580**

BAR HILL HEALTH WALKS

Free Every Wednesday Morning

Meet at Maple Surgery at 10.30am

Our walks are all weather (in case of rain you will find us under the Church porch), free, and accessible to all, particularly those who are currently inactive.

Walks are 45–60 minutes long, and led by trained Volunteer Walk Leaders. Shorter walks may be available; contact Josephine to discuss.

We meet locally after the walk for a hot drink and a chat. This is usually in the library, but may sometimes be at Costa, Tesco, or the Fox.

If this is your first walk please arrive 10 minutes early to complete a short health questionnaire. Copies are available on the PPG noticeboard in Maple Surgery, and at www.walkingforhealth.org.uk.

Contact: Josephine Powell T: 07901 558108; E: jopowell45@hotmail.com.

Male & Female Toiletries

Arthur Rank House urgently needs male and female toiletries. Any donations will be appreciated!

Please deliver to Jo Hall, 11 Almond Grove (**01954 780304**).

Arthur Rank Hospice Charity

making every moment count

BIN COLLECTION

Here are the dates for the next few weeks bin collections for Bar Hill;

	Black	Blue/ Green
Thu, 6 Feb 2020	✓	
Thu, 13 Feb 2020		✓✓
Thu, 20 Feb 2020	✓	
Thu, 27 Feb 2020		Blue Only
Thu, 5 Mar 2020	✓	

BAR HILL SPORTS & SOCIAL CLUB

The Sports and Social Club is situated on the top floor of the Village Hall. You can watch live sports on our two large HD TV screens, play pool, darts, skittles, cribbage, or enjoy a drink in our quiet lounge bar.

Food available Friday & Saturday 4-10pm; Sunday 2-8pm.

Upcoming Events

Sat 08-FEB: Glamtastic, tickets available from the bar

Sat 29-FEB: Rock n Roll bingo

Membership treasure chest draws on the 1st, 15th and 29th Any enquiries please contact sarah.whitfield8@googlemail.com

Not a Member?

Join now for £10, Seniors £5.

Over Day Centre

The Over Day Centre Association provides care catering to individual needs, in a friendly, engaging and health & safety conscious environment.

We support individuals to maintain social interaction and to stay as independent and active as possible with opportunities to make new friends and participate in enjoyable activities

The service provides much needed support and respite for families caring for a loved one.

Currently it costs £21 per day to attend including a hot 2-course lunch and all drinks and morning & afternoon snacks. The minibus (with wheelchair lift) will collect from home at no charge.

For further information please contact The Over Day Centre Association on **01954 231807** or email care@overdaycentre.co.uk

NWR CONNECTING WOMEN WHO ARE INTERESTED IN EVERYTHING AND TALK ABOUT ANYTHING

NWR is a national women's organisation with members who enjoy lively conversations both serious and light-hearted. It is for women of all ages who like to be informed and share ideas by actively participating in the content of meetings. We promote friendship and self-confidence for lively minded women. We invite you to join us. Come along to one of our meetings – you'd be very welcome.

13-FEB:

RESEARCH A FORGOTTEN SKILL/ TALENT - Research history, how and where it is used, is there a need for this skill, who will pass it on.

27-FEB:

SPEAKER - Talk about age related hearing loss, new technology etc.

12-MAR:

ISLANDS OFF THE BRITISH ISLES - Research one of the many islands around our coastline

The Bar Hill group meets in members' homes on alternate Thursday evenings at 8pm. We pay an annual fee of £23 and just £1 per meeting to cover local costs.

For more information please call Karen Hayden (Local Organiser) on **07900 803600** or Kaye Fuller (Deputy) on **01954 782403**.

NWR can also be found on www.nwr.org.uk. Why not have a look!

BAR HILL BOOK CLUB

Meets last Tuesday in the Month at 7.30pm in the Bar Hill Sports and Social Club.

Please join our friendly group, we offer a lovely welcome, good company and great book choices. Let me know if you would like to join us and I will arrange a warm welcome.

sheilafarrar@hotmail.co.uk

Tel/Text: **07920 558319**

WILDLIFE TRUST

From Teesdale to Inis Mor

The Huntingdonshire Local Group of the Wildlife Trust invites you to this illustrated talk, which will be given by Dr. Pat Doody on Wednesday 11th March 2020.

Pat is a coastal ecologist and a long-standing member of our local group, and has delivered many beautifully illustrated talks in the past.

This evening Pat's talk will take us on a journey from Durham, where he did his PhD on Rare Plants of Teesdale, via the UK coast, where he spent most of his career with Nature Conservancy and its successors, to the West coast of Ireland. Along the way he will talk about Ice Ages, nature conservation and geology, with passing references to climate change. This should be a fascinating talk that will be of interest too many.

Meetings are held at Brampton Memorial Hall, Thrapston Road, Brampton, PE28 4TB starting at 7.30pm. Everyone welcome, booking not necessary.

For more information please contact Alistair Grant (alistairrgrant@hotmail.com or 07775365507).

FOR SALE (FEB): Garden furniture - Table, 4 chairs and umbrella in green £40.

01954 204327

THE ROYAL BRITISH LEGION

We meet on the 4th Thursday of each month in the Meeting room of the Octagon at 7.30pm. You do not have to have served in the Forces to join the Legion. If you would like to find out more about the Royal British Legion in Bar Hill please contact either Malcolm Cox on **01954488657** or WendyArrowsmith on **01954 781381** or come along to the next meeting.

HAPPY HOURS, Monday Club

Our Club meets on most Mondays in the Octagon building of Bar Hill Church and runs from 11am until 3pm with coffee, tea and light lunches. Our Winter lunch time menu starts in October and consists of soup and a roll or baked potato with butter (at £1.50 each) or filled baked potatoes (cheese, tuna mayo or baked beans at £2.50) or a ploughman's lunch (at £2.30 each).

Our aim is to provide friendship and companionship so why not come along and give us a try. You can have a good old natter, a game or two, or enjoy our other various activities. We would welcome new members.

Coming up in February:

3rd February: Two Truths and a Lie

1**0th February:** Happy Hours Love in ☺

17th February: Scam Awareness

24th February: Pancake Fun

2nd March: Guess the Year

Thank you to Rodney, Helen and Kim (family of Isabel Arnold) and Jean (Brian Burridge's wife) whose generous donations paid for our Christmas party.

Anne Plumb, **01954 780364**

HEALTH & WELLBEING CLUB

Held on the second Tuesday of the month between 2–4pm in Tesco Community Room. focuses on aspects of promoting and maintaining good health in every area.

We start with a chair based exercise activity followed by advice from Tesco's departments.

This is a unique and friendly group and is an ideal place to meet new people.

For further information, contact **Wendy Arrowsmith on 01954 781381**.

BAR HILL SPORT NEEDS YOU

We are looking for enthusiastic and passionate persons to help develop sports opportunities on the village astro turf pitch. We are The Football Project that currently provides facilities for football development for the youth of Bar Hill. However, the Management Committee wants to expand its use to a Multi-Use Games Area (MUGA).

So, what sporting activities does the village community want to be offered and be willing to support/organise? We welcome ideas and suggestions from residents -adults, children and parents- players and coaches who want to make a difference to sport in Bar Hill for all persons. Don't let the organisation name put you off; it's just a name.

In addition we are looking to expand the Management Committee to include members in addition to those from the Parish Council, the Colts Football Club and the Residents Association. Young persons/ students are encouraged to seek nomination to represent the needs of the youth of our community.

If this sounds like you, then shout it out at barhillfootballproject@gmail.com

I am Geof Tamulonis,

Chair of The Bar Hill Football Project

Keeping Older and Vulnerable People Safe In Their Own Homes

The home is where people should expect to feel safe and secure - it is the one place where they have a right to feel safe! By visiting and securing the homes, the Bobby Scheme helps victims of burglary, theft and of domestic abuse and their children to remain in their home, to recover from the trauma and to begin the journey of moving forward, rebuild and take control of their lives.

Telephone **01480 413311** (Mobile **07866 602100**). If you have been a victim of crime (Cambridgeshire Constabulary should ask if you want to be referred) and the visit is free, otherwise there is a £50 suggested donation to help cover the costs of the visit.

See thebobbyscheme.org/ for more details.

Bar Hill Pre-School

Registered Charity No. 1030725
http://www.barhillpreschool.co.uk

We offer childcare Monday to Friday 9am-3pm, term time, for children aged 2-5.

We offer sessions through the government funding, including funded twos and accept childcare vouchers.

Our ethos is to ensure high quality care by focussing on each child's ability and interests, providing fun and exciting activities for children to learn and develop skills through play, in an inviting environment.

Our key-person and buddy system ensures every child is well supported by qualified staff who have a wealth of experience.

We work in partnership with parents and our online learning journals support this by providing families with regular information on their child's development and next steps. Parents can upload evidence from home and add comments too.

We have introduced more recycling opportunities, within the setting, including collecting plastic bottles. We are recycling these at the local store for a coupon towards our fruit we eat as part of our snack!

If you are interested, please call us on **01954 782892** to arrange a visit or see our website; www.barhillpreschool.co.uk

BAR HILL ROSARY GROUP

We are a friendly group praying Rosary together. Everyone is welcome to join us. All materials provided. Our meeting in February are in the Octagon Church at 2 pm on Fridays: 7th, 14th, 21st and 28th.

FOR SALE (FEB): NEXT Silver Grey crushed velvet storage 3ft single bedframe and Silentnight mattress. £75ono 01954 782877 (Appletrees)

RHYMETIME at Bar Hill Library

Rhymetime is a regular event for 0–3-year-olds and is held on Tuesday afternoons in the Library. Share with your baby or toddler in singing rhymes, and meet other parents and carers. Sessions are free of charge and there is no need to book.

Your Rhymetime dates for February Tuesday 4, 11, 18 and 25, from 2.15 to 2.45 p.m.

BAR HILL POST OFFICE

We are located in Bar Hill Library, open 9–5.30pm Mon to Fri and 9–12.30pm Sat.

We offer Royal Mail & Parcel Force services.

Ask our friendly, helpful staff for advice to make sure you're using the right service.

POST OFFICE®

Also Available:

Car Tax • Bill payments; • Banking services – cash/cheque deposits for all High Street Banks; • FREE cash withdrawals; • Foreign Currency – Euros in stock – other currency available to order with next day delivery; • Moneygram – safely send money abroad/UK; • Gas and Electricity key/card top-ups; • Mobile phone top-ups; • One 4 All Multi-store Gift Cards; • National Lottery, EuroMillions & Scratchcards; • Stationery and posting/packaging items; • Cards and wrapping paper for all occasions; • Helium Balloons; • Basic shop items; • Sweets and chocolate; • Cold drinks; • Daily Newspapers – reserve your paper for collection; • Vaping Products; • Ice Creams

PLEASE SUPPORT YOUR LOCAL POST OFFICE

BAR HILL COMMUNITY FOCUS

Volunteering is good for you! If you have 2-3 hours to spare a week why not come and join us?

At Cambridge University Hospital (Addenbrooke's and the Rosie) volunteering is a long-established part of hospital life. We have a wide variety of different roles on offer to suit different interests so there is bound to be a role to suit you. All of our roles are designed to help improve the experience of our patients whether as outpatients or inpatients.

It is well recognised that volunteering is not only beneficial to an organisation, but also to an individual as it can help increase one's physical and mental wellbeing. Some of the many benefits of becoming a volunteer with us include:-

- A great way to meet people
- An opportunity to help those in need without requiring any specific skills. All our volunteers have patient facing roles and training is given.
- On-going support through mentoring, training, forums, newsletters and social functions
- A great way to keep fit (we have roles to suit different levels of fitness)

NHS
Cambridge University Hospitals
NHS Foundation Trust

Use of the on-site sports and leisure centre at staff rates (including large swimming pool) and other benefits.

There are many reasons why people decided to volunteer with us. Maria, one of our Ward Volunteers explains "For me it's very satisfying working with patients. I look forward to coming here and it's nice to be able to help people on wards. I'm very grateful to the NHS and felt I would like to give something back so became a volunteer." Courtesy Bus and Wheelchair volunteer, Tom, has really enjoyed his time volunteering "I've met all sorts of people from all walks of life while volunteering. I get a tremendous amount of satisfaction helping other people and giving a little bit back for the help I've received in the past. I love it!"

Find out more information on our website https://www.volunteering.cuh.org.uk/ or give us a call on 01223 586616. We would love to hear from you.

Is there a voluntary organisation here in Bar Hill that you'd like to see featured for next month? If so please contact the editor via email **bhneditor@yahoo.com** or on **07814 871752**.

Bar Hill Primary School

BAR HILL PRIMARY SCHOOL WELCOMES NEW PRINCIPAL

I am delighted to introduce myself as the new principal for Bar Hill Primary School.

It has been a pleasure to start to get to know some of our families in the playground before school and I thank you all for the warm welcome you have given me. I am really looking forward to meeting as many parents and carers as possible so please do come and say hello.

Having grown up in Cambridge, I have been living and teaching in East London schools for the past 14 years. My family have recently relocated back to Cambridge and I am thrilled to have the opportunity to lead the school on its next journey and build on its current successes.

I strive to give children a better future and will strive to make sure that Bar Hill Primary gives children the best opportunities to learn in and outside of the classroom.

The children have had a busy start to the term and I have been really impressed by the enthusiasm they show towards their learning. In the playground and in the classrooms the children have been so friendly and articulate, and I look forward to getting to know them all over the next few weeks.

We are very lucky at our school to have an experienced and dedicated team of staff who care deeply about nurturing and encouraging your children to achieve their very best. I am looking forward to working closely with them to develop us as a strong and motivated team who will support, in partnership with you and our governors, all the children in our care to achieve their full potential.

Charlotte Linden

Hate cleaning? We do it for you! Cleaning, ironing and cooking, which ever you choose, or combine. Contact Dee on 07736967179 for further details/ requirements or email Deliagill69@yahoo.co.uk

Bar Hill Community Car Scheme

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The scheme can provide transport for doctors and hospital appointments as well as for visiting friends and family.

The cost is currently 30p per mile with a minimum spend of £3.

Please call Russell on **07496 465330** for more details.

FRIENDS OF THE ROSIE

We hope all our supporters are looking forward to Christmas. We are helping to get you all ready for winter with our selection of hand knitted clothes for all ages.

We are continuing to make the Rosie a more comfortable environment for mothers and babies. For up-to-the minute information follow Rosie in Stitches facebook page

See below for where you can shop with us again.

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We always need help in the Tea Bar in Clinic 21 for a few hours a week or on an occasional basis. At present we do not have a regular volunteer for either Monday afternoon or Thursday morning. We also require occasional volunteers to help when a regular volunteer is unable to help due to holidays/illness etc.

Please email annlaskey@icloud.com if you would like to volunteer.

New members are always welcome, whether to contribute financially, to join our team of knitters, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar. Contact Mary Sanders on 01223 356615 further details are given on our website www.rosieinstitches.org.uk.

Thank you for your continued support

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HOME VISITS

I am happy to bring communion to the house bound Catholics. I also visit people at the end of their lives, of any religion or none, who would welcome support or are distressed spiritually.

Contact Jean: **07841 397 338**, Catholic Eucharistic Minister. Associate Member of the Hospice Chaplaincy Team.

ROSARY

We meet regularly with details in our advert in the Bar Hill News. Nevertheless, we encourage you not to stop praying for our neighbours in Bar Hill.

The Catholic Church Serving Bar Hill

Hills Road, Cambridge

Parish Priest: **Fr Adrian Gates** (Hospital Chaplain (Resident in Ditton) adrian.gates@rcdea.org.uk, 01223 622690)

Contact: **Bunty Waters** (Tel: 01954 201421)

Mon, Wed, Thur, Fri 8am & 12.15pm

Tuesday 8am & 7.30pm

Saturday 6pm: First Mass of Sundays Masses in the Parish Church in Cambridge; also 5pm at Cambourne and **6pm at The Octagon, Bar Hill**.

Holydays of Obligation 8am, 10am, 7.30pm

Sacrament of Reconciliation

Tuesday 6.45pm (not after Mass)

Saturday 10.30 - 11.15am, 4.30 - 5.15pm. 7.00 - 7.45pm

Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday. Copies are also available in the Church Centre.

Bar Hill Community Market

Saturday 7th March

Saturday 4th April

In the Octagon 10.30am – 2pm

Many stalls, selling homemade crafts and a cake stall.

Refreshments with soup at lunchtime served by the Scouts.

Profits from the market go towards our Community and Charity projects.

For more details contact

Karen 01954 781085

bar.hill.community.market@gmail.com

Facebook - Bar Hill Community Market

http://bit.ly/BHCommunityMarket

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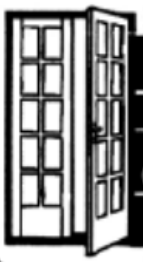

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We will be starting a big conversation with the community, with many different ways to get involved, online and offline, on Monday 13 January. Please look out for more information nearer the time, and get in touch at;

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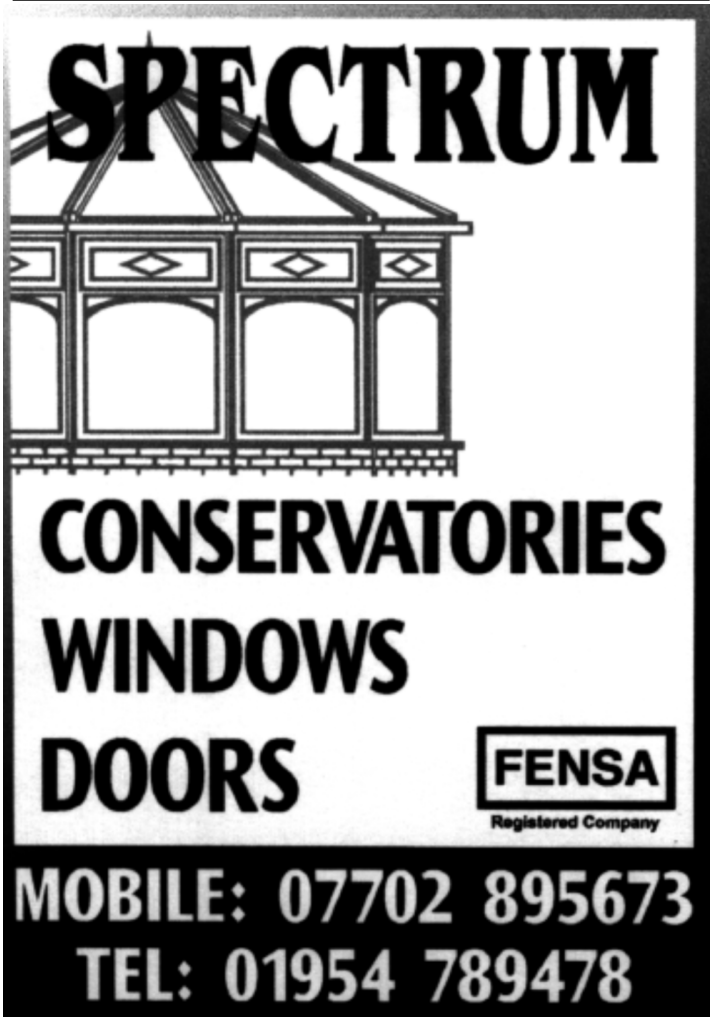

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Weds 6.30-7.15pm, Church, Bar Hill

THE FITNESS CLASS
Mons 7.30-8.30pm, The Church, Bar Hill
Thurs 6.15-7.15pm, Oakington Pav

OVER 55S CLASS
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or visit www.bodyinmotionpt.co.uk

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Karen: 07930 196319
karen.cloudnine@gmail.com
Private, tranquil garden studio based in Bar Hill, ask for info on mobile services

Looking for childcare in Bar Hill ?

We currently have spaces part time and full time for children aged 4 months to 4 years at our lovely little day nursery (next door to the primary school). We are open Monday to Friday 7.30am – 6pm.
Please feel free to call/ email and book a time to come and have a look around, our nursery manager Claire will be happy to arrange that for you.
Please call 01954 488081 or email barhilldaynursery@gmail.com
We also have out of school care based at the children's centre at the front of the school (for primary school children). We are open from 7.30am to 8.45 am and from 3pm to 6pm Monday to Friday. Also in the school holidays from 8am-6pm.
Please call our setting manager Sarah on 01954 200814 or contact us using the email above.

Steve Jolley
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CB23 8SX

Home 01954 780445
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FEN DRAYTON LAKES

Wednesday Wander

Ever thought you'd like to know more about the reserve and its wildlife? Informal volunteer-led guided walks take place on the second Wednesday of each month. There's no need to book and it only costs £3 for members and £4 for others. Walkers meet at the main car park, leaving at 10.15am

rspb giving nature a home

Fen Drayton Lakes

Email: fendraytonlakes@rspb.org.uk

Phone: **01954 233260**

Visit: rasp.org.uk/fendraytonlakes

The Royal Society for the Protection of Birds (RSPB) is a registered charity: England and Wales 207076, Scotland SC037654

INDOOR CARPET BOWLS

We are a mixed group who meet in the school on Friday evenings during term time from 7:30 to 10:00pm (with a half-hour break for refreshment) - all for £1.50 each evening you play.

We do not play in any leagues so even if you have never played before do not be put off. Why not come along and join us on any Friday evening with your 1st session being free? We look forward to welcoming you.

If you require any further details please contact Barbara on **01954 204171**.

Highways Issue Reporting

Any issues relating to roads, paths, drains, cycleways, bridleways, including potholes, sunken paths, weeds round perimeter road etc are the responsibility of the County Council and must be reported on their website for the work to be done.

http://bit.ly/cccHighwaysFault

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Tel. 01223 234818
Fax. 01223 236823
Email. oakingtongardencentre@hotmail.com

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201256

07494 196065

Michelle Dolan

Podiatrist/Chiropodist

HCPC Registration number CH34864

BAR HILL CHILDMINDERS

We are home-based childcare professionals, offering the comfort of a home from home environment for your child to play, learn and progress through the Early Years curriculum. We can also offer outdoor experiences, day trips and attend local groups plus before/after school care.

We are Ofsted registered and inspected with 'Good' and 'Outstanding' inspection outcomes, are fully insured and all trained in Paediatric First Aid.

We run Little Bunnies toddler sessions, with fun activities and singing, for children 0-5 yrs with their parents/carers on Thursdays, term time only, in the Octagon, 9.45 - 11.15am, (£1.50 for one child under one, £2.50 for one child over one and £3.50 for 2 or more children) - come along and meet us!

Some of our Childminders offer GOVERNMENT FUNDED places, 'Universal' and 'Extended'for 3 & 4 year olds (+ qualifying 2 year olds). The funded hours can be shared with your child's Pre-school/ Nursery. Below is a list of our Childminders - those who offer Government Funding have a letter 'F' before their name:

F	Kirsty	07584 168909	
F	Jacky	07718 447998	
F	Melanie	01954 204496	(spaces)
F	Terri	07846 018714	
F	Kirsten	07906 218070	
	Mandy	01954 204223	
	Carol	01954 780238	

Bar Hill Crafts Shed

Crafts Shed is currently meeting on a monthly basis in the Octagon Meeting Room at 10.00a.m. The next meeting is on Wednesday 19th February.

Annual Membership of £15.00 becomes payable from January's meeting. Charitable Status is being applied for.

We are still seeking a permanent location for us to meet and be creative.

Ian Palmer, Secretary

Warning Regarding Courier Fraud

Courier fraud is when criminals cold call a victim, typically claiming to be a police officer or bank official. Offences are often committed by organised crime groups who target the elderly and vulnerable.

Examples of specific instances have been where following a phone call, the fraudsters then claim there is an issue with the victim's bank account or request their assistance with an ongoing bank or police investigation. The ultimate aim of the call being to lure them into handing over money or their bank details.

Common techniques used by the fraudsters include telling the victim to withdraw large sums of cash, purchase an expensive item, or provide their bank cards or details. In all cases, a 'courier' will then come and pick up the cash or items, on behalf of the police or bank. They will often come to the victim's home address.

There were 233 reports of courier fraud in the eastern region in 2019 with losses of more than £620,000.

We are urging people to remain aware that phone scams are operating across the region. Your bank or the police will never call you to ask you to verify your personal details or PIN by phone or offer to pick up your card by courier. Hang up if you get a call like this.

If you need to call your bank back to check, wait five minutes as fraudsters may stay on the line after you hang up. Alternatively, use a different line altogether to call your bank.

Your debit or credit card is yours – don't let a stranger take it off you. You should only ever have to hand it over at your bank. If it's cancelled, you should destroy it yourself.

If you are suspicious about a telephone conversation you should end the call and contact police via the non-emergency number, 101. Ideally use a mobile phone or a friend's phone or wait at least five minutes before calling to ensure you aren't reconnected to the offender.

Further information about courier fraud can be found on the force website here http://bit.ly/35W0NYB.

CAMBRIDGESHIRE HEARING HELP ARE LOOKING FOR VOLUNTEERS IN BAR HILL

Cambridgeshire Hearing Help is a charity that provides NHS hearing aid maintenance and hearing loss information and advice in the heart of local communities. This work is a lifeline for those who face barriers to accessing mainstream audiology services because they are older, frail, have other disabilities and/or live in rural areas.

If you live in or around Bar Hill and are looking for an enjoyable volunteering role through which you can meet others, feel part of a supportive team (many of whom have shared experience of hearing loss) and enjoy the rewards of helping those in need in your local community, please do get in touch!

No experience is required as full training and support will be given. All you need is good dexterity and eyesight (with glasses).

cambridgeshirehearinghelp.org.uk

Tel: **01223 416141**; Text: **07852 699196**

enquiries@cambridgeshirehearinghelp.org.uk

Surplus Christmas Decorations?

If you have any Christmas decorations, balloons, or glitter that are surplus to requirements Bar Hill Primary School reception class would love to have them!

Please deliver to Jo Hall, 11 Almond Grove (**01954 780304**).

PLAYPALS BABY AND TODDLER GROUP

Meets Wednesday and Fridays (term time) at the Octogan from 09:45 to 11:15.

Under 1's - £1.50, Over 1's - £2.50, Family - £3.50. Your first session free!

Any questions email playpals.barhill@gmail.com

THE MAPLE SURGERY

Tel: **01954 780442,** www.mhmaple.co.uk

For out of Hours emergencies, please call 111; for life-threatening emergencies, please call 999

Surgery Opening times: Monday to Friday 8.00am–6.30pm

On the day appointments bookable by phone ONLY at 8.30am each day. We now ask all our patients to call to book on the day appointments and not to try to book by visiting the surgery in person.

Please be aware we DO NOT take prescription requests over the phone. Prescription requests can be emailed to maplesurgery.repeats@nhs.net or alternatively you can visit the surgery to request your prescription. For all other enquiries please email maplesurgery.enquiries@nhs.net or contact the surgery on the number above.

Cambridge Hearing Help sessions are held on the 4th Tuesday of every month. These are free sessions for anyone needing advice on hearing loss.

BAR HILL COLTS

The Sharks are the Bar Hill Colts' most recent team and provide football in the village for girls and boys aged 5-7 (School Years 1 and 2). We started in March this year and attract upwards of 15 kids for our regular Saturday 9-10am slot on the AstroTurf.

We put a lot of effort into providing a fun environment for the kids to play football in - probably best exemplified by their favourite drill being one we call ''SpongeBob SquarePants"! - and encourage players to try their best with the award of a 'Star Player' trophy each week. The children loved getting a taste of action in a couple of tournaments during summer and we are now gearing up to join the Under 7 league after Christmas, for those aged 6+. If your child is interested in joining the Sharks please contact us on 07960064472. We are looking for a coach to take on the Year 1 children from after Christmas. If you are interested then please get in touch.

Thanks, Pete, Ben and Daniel.

COUNTY COUNCILLORS REPORT

Roads

As we anticipate completion of the A14 project at the end of the year, a Council team is already working with Highways England [HE] to prepare for the handover of some of the assets. Once the upgrade is completed the County Council will be required to adopt approximately 27km of dual carriageway and 5km of slip roads which were part of the original A14, as well as sections of new or improved local roads, like the A1307, that will interface with the new A14. A legal agreement, part of the Development Consent Order, requires a handover plan to be agreed with the Council specifying the condition of the roads to be handed over. Following inspection to determine their current condition, HE will either carry out the necessary work or will provide funding for it to be done by the Council.

The Council is also concerned about the impact that diversion routes have had on the condition of local roads for which it already has maintenance responsibility. It is currently putting together the case for compensation for some of the damage this has caused and I shall be submitting details of local issues to be included. The Council budget for road maintenance requires £19m a year simply to maintain the current road network in a 'stand still' condition and this damage is already putting additional pressure on that budget. The way in which Department for Transport funding is allocated to local authorities is complex and presents various challenges to the Council as it seeks to secure adequate and fair funding to maintain its highways infrastructure and the inclusion of additional assets adds to that complexity. Increasingly Shire County authorities like Cambridgeshire are highlighting the inequity of funding and it has recently been reported that urban areas like London receive as much as three times the funding that rural areas do.

In the past couple of months several of you have contacted me to express serious concerns about the condition of the section of the perimeter road between Hillcrest and Appletrees. I am hoping to secure funding for some remedial work to be carried out in this financial year. A Highways engineer has now been out to inspect and I am awaiting his report and recommendations.

Relocation to Alconbury Weald

Progress on the Council's relocation from Shire Hall to a new, purpose built building at Alconbury Weald continues. On 16 December, the Council's Chief Executive accompanied by both its Leader and Chairman participated in the ground-breaking ceremony for the new Civic Hub which will replace Shire Hall. Construction of the new building is still on budget at £18.3m and the opening date is now set for Spring 2021. The predicted saving for the Council of its relocation is £1.5m every year.

Planning

Although primarily a district council function, please may I add my encouragement for you to input to the consultation on the Greater Cambridge Local Plan. This document touches so many areas of all our lives and helps to shape public services including those run by the County Council. greatercambridgeplanning.org

I hope that you all had a very happy and restful Christmas. My very best wishes to you all for 2020.Thank you to everyone who has been in touch recently. Your views and questions are very important.

Cambridgeshire County Council

Please do continue to contact me about the things that matter to you.
lyndaharford@icloud.com, 01954 251775/07889 131022; Twitter: @2whit2whoo

Let's Stamp out Leprosy

Many thanks indeed to everyone who rescued used stamps from their Christmas post and donated them towards tackling Leprosy. It's amazing that something we so often throw away can raise funds to help tackle this devastating, yet needless, disease.

Donations can still be given all year via the church letter box or church vestibule;

- Trimmed stamps (leave about 2mm border without cutting the perforation)
- Whole album collections
- Postcards (GB and foreign, posted or new)
- Old or Foreign coins and notes
- Medals

All these can help -

- Early detection and simple drug cure
- Rehabilitation of 4 million leprosy-affected people worldwide
- Prevent needless disabilities and blindness
- Allow people the dignity of providing for their families rather than being dependent on them.
- Tackle stigma which isolates sufferers.

Thank you for your support. **Pam Vendy**

Our thoughts are already turning to the 2020 season, when we will be running no fewer than FIVE teams!

We have a second team entered in the CCA League on Saturdays, and we now know which teams we will be facing.

The first XI are in Division 3W with Cam Kerala II, Cambourne III, Cambridge NCI III, Cambridge St Giles III, Comberton, Harlton, Longstowe and Madingley II.

The seconds will be facing Cam Kerala III, Cambourne IV, Cambridge NCI IV, Elsworth, Fen Ditton II, Great Shelford III and Sawston & Babraham IV in Division 5W.

On the youth front, we are again running an under-13s pairs team, as well as an under-10s team (the younger team plays with a soft ball). We will know more about our league structure and fixtures in the next few weeks.

Finally, we will once again be playing midweek matches in the Cambridge Business Houses League. Matches start at 6pm and consist of 15 eight-ball overs.

With such a busy time ahead, we need new players of all ages and abilities – please get in touch with me on the number below or via info@barhillcricket.org.uk

Don't forget, all the latest club news can be found at www.barhillcricket.org.uk. Club members and parents can also join our Facebook group.

Paul Stimpson 201212

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UNIVERSITY OF CAMBRIDGE

Concert by City of Cambridge Symphony Orchestra

An evening of music by Janacek and Beethoven, performed by the City of Cambridge Symphony Orchestra and College Choirs.

Sat 1 February - West Road Concert Hall

Janacek - Sinfonietta
Beethoven - Symphony no. 9 (the Choral)
City of Cambridge Symphony Orchestra
Clare Tunney - soprano
Amy Holyland - contralto
Peter Harris - tenor
Ossian Huskinson - bass
Combined Choirs of Corpus Christi, Fitzwilliam, Girton and St. Catharine's Colleges
Robert Hodge - conductor

Cost: £18, £16 (concessions), £8 (students), £5 (children)

You can book online here;

http://www.ccso-online.org.uk/

Or via Telephone; 01223 300085

BAR HILL VILLAGE HALL

The village hall is located just off The Spinney and offers the following;

- Conference Facilities;
- Seminars;
- Committee/Meeting Rooms;
- Training Days;
- Exam Sessions;
- Wedding Receptions;
- Birthday Celebrations;
- Charity Events;
- Children's Parties;
- Jumble Sales;
- Kitchen Facilities;
- Excellent Parking and Catering Facilities

If you wish to book any of these facilities, or to get more information, please call 01954 782414 and leave a message. We'll call back within 24 hours (Monday to Friday). Alternatively you can email us at;

barhill.villagehall@btconnect.com

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email: total.relaxation@ntlworld.com

OVER DAY CENTRE ASSOCIATION

Registered Charity No 800829

THE FIVE PUB CHALLENGE and THE MERIDIAN MEANDER

Sponsored Charity 12.5, 18 and 26 Mile Circular Walks

Sunday 10th May 2020

from The Over Day Centre
1 Dring's Close, Over, Cambs
CB24 5NZ

(For further information contact amandamonks42@gmail.com or 07891 890302)

GIRLGUIDING IN BAR HILL

Helpers needed for Brownies

Being a Leader, Assistant Leader or Unit Helper is one of our most rewarding roles as you get to work directly with girls, supporting and helping girls to grow into confident young women.

Brownies

If you would like to join in the fun, please email us at barhillguiding@icloud.com.

FREE Energy Efficiency Reviews for Local Businesses

The Business Energy Efficiency (BEE) programme, delivered by Peterborough Environment City Trust (PECT), are offering local small and medium sized businesses free, independent, advice to help them ensure they are using energy as efficiently as possible.

BUSINESS ENERGY EFFICIENCY Cambridge & Peterborough

The reviews are made possible thanks to funding from the European Regional Development Fund (ERDF), and will help identify the cost (and carbon!) savings by becoming more energy efficient.

The programme has identified over £1.2million of potential cost, and 6,290 tonnes of carbon savings. That's the equivalent of 1145 flights from to Sydney!

Antony Gough, Project Manager at BEE, explained; "Our fully-funded reviews are undertaken by highly experienced professionals. They will look at the energy usage within your company, and identify the cost and carbon savings available from switching to alternative technologies such as LED lighting, heating and insulation, or solar PV. If you wish to undertake any of the recommendations, the team at BEE can help you to identify any suitable funding sources are available to you."

There are eligibility criteria that need to be met to qualify for support, but typically 95% of organisations contacting the programme are eligible.

Businesses can sign up for free expert advice, delivered by some of the best energy efficiency consultants in the country, at https://www.beecp.org/sign-up or call the BEE team on **01733 882549**.

**** FINAL CHANCE: Just 30 free audits are available on a first come-first served basis, and visits need to be undertaken by the end of February 2020. ****

European Union
European Regional Development Fund

Willingham Surgery News

Christmas Tree

Many Thanks to Andrew and Mary Coe for donating the surgery another beautiful Christmas Tree.

Lucky Squares total: Thanks again to all those who purchased our Lucky Squares and

Congratulations to those who won prizes. We managed to raise and donate £280 to Magpas this year.

Minor Illness: when to get help from your GP

Children can get between eight to 10 colds a year, and a cough can last at least three weeks before it starts to improve. Most minor childhood illnesses don't need a GP appointment and can be treated with basic medications that you can buy at your local pharmacy. Have a look at the Cambridgeshire and Peterborough CCG's guide to childhood illnesses on their website or pick up a copy from the Surgery. https://www.cambridgeshireandpeterboroughccg.nhs.uk/news-and-events/leaflets-and-guides/your-guide-to-childhood-illnesses/

Don't swallow up your NHS - use it wisely this winter

Winter illnesses such as colds and coughs, sore throats, and upset stomachs can easily be treated at home with medicines available at low cost from your local pharmacy - no GP appointment or prescription required.

Be sure to stock up on the following winter self care essentials to not only help save you time and help you to feel better quicker, but help save the NHS much needed resources.

- pain relief (paracetamol)
- cough and sore throat remedies
- first aid kit
- upset stomach treatment
- rehydration treatment
- heartburn and indigestion treatment

Your local pharmacist can also offer you advice and guidance on the best treatment for you – no appointment needed.

Do your part to keep antibiotics working

Taking antibiotics when you don't need them puts you and your family at risk, as this encourages harmful bacteria that live inside you to become resistant.

We can all do our part to keep antibiotics working. By washing your hands regularly and properly, you can reduce your risk of contracting bacterial infections. You can also help the NHS prescribe fewer antibiotics by taking appropriate self-care steps. This includes speaking to your pharmacist for advice about your symptoms. It's also crucial that you take the full course of antibiotics if you do get them prescribed – even if you start to feel better before your course is complete.

You can find out more about how you can do your part to stop antibiotic resistance in its tracks by visiting www.antibioticguardian.com

Welcome back Dr Brown!

Dr Brown has now returned from maternity leave, and we are delighted to have her back in surgery again.

Cambridgeshire Hearing Clinics The next Hearing Aid Clinics at Willingham Surgery on Weds 19th February, Weds 18th March, Weds 15th April from 2:00pm-4:00pm. No appointment necessary, just pop along for your free NHS hearing aid batteries and for help and advice regarding hearing loss.

Carers Support Meetings Meetings held on the first Wednesday of every month. If you are a carer, please pop along and get some support from other people in the local community. Refreshments provided no need to pre-book and completely FREE! Please contact Sue Lawson at the surgery or email her at susan.lawson7@nhs.net for more information.

A&E is not a GP alternative. If we are closed, please call 111.

Lisa Smith –Assistant Practice Manager– February 2020

CAMBRIDGESHIRE
FIRE & RESCUE SERVICE
Working together to improve community safety

On-call Firefighters

Cambridgeshire Fire and Rescue Service is looking for on-call firefighters to join on-call fire stations around the county. On-call firefighters aren't based at a fire station, instead they carry a pager and respond to emergency incidents as and when they happen.

The Service has introduced a new daytime contract to the on-call service, which allows people to be available to respond to emergencies from just 24 hours a week, for example while working at their regular day job or from home.

The new contract is available for anyone interested in joining an on-call station, providing they can offer a minimum of 24 hours per week (between 7am and 7pm during the week) and attend the weekly drill night.

On-call firefighters can be men and women that come from every walk of life. They may be at home, working for themselves or a nearby company, or even out in their local community. They must maintain their availability to respond to emergencies by staying within five minutes travel time of the fire station. They receive an annual wage plus additional payments for attending incidents and drill nights.

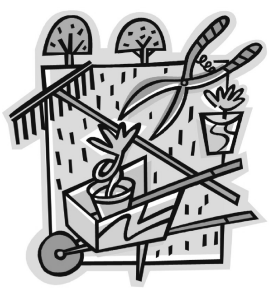
Those interested in finding out more can visit www.cambsfire.gov.uk/on-call or contact recruitment@cambsfire.gov.uk

THE ALLOTMENT SOCIETY

Are you interested in growing your own vegetables, fruit or flowers?

Why not try an allotment?

Call Jeni, our Plot Allocator, on 07979 351119 for further information.



WILDLIFE TRUST

The UK Ladybird Survey

The Huntingdonshire Local Group of the Wildlife Trust invites you to this illustrated talk, which will be given by Professor Helen Roy on Wednesday 12th February 2020.

Helen is an Ecologist with a particular interest in insects, environmental change and citizen science.

Over the last ten years Helen has led the UK Ladybird survey, which has been monitoring the rapid spread of the non-native Harlequins since their first recorded appearance in 2004. The survey aims to encourage the public to record all species of ladybirds found in the UK by sending in photos of both our native and non-native ladybirds. Professor Roy will summarise the methods and findings and I am sure will provide a very interesting talk.

Meetings are held at Brampton Memorial Hall, Thrapston Road, Brampton, PE28 4TB starting at 7.30pm. Everyone welcome, booking not necessary.

Contact Alistair (alistairrgrant@hotmail.com or 07775365507).

Christmas 2020 Planning

Christmas has been and gone but not forgotten!

Many communities around Bar Hill had a Christmas tree in the heart of the village over the Christmas period. We think it would be a great addition to our village!

What do you think?

Are you part of a group that puts on Christmas events?

Would you be willing and able to form a small team of volunteers to organise a Christmas tree and possible lights switch on in the centre of the village. We were hoping to coordinate with the openings of the Christmas Markets or another Christmas event to start off the festivities.

Please contact the Residents Association (details on page 1) if you'd like to volunteer.

FEBRUARY 2020 BHm 02/20

A	B	Y	E	L	I	L	O	V
A	C	I	E	N	T	N	D	B
A	D	O	E	S	T	O	A	T
A	F	F	F	U	L	O	U	S
A	R	C	G	H	T	R	E	M
B	E	A	G	R	A	S	U	G
B	E	A	I	N	G	U	T	I
E	C	T	I	O	N	U	T	Y
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				L				
			E					
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		V	A	C	I	O		

AIM: Place the '27 three character tiles' in the left -hand grid TO the CORRECT spaces in the right hand grid relating to ENDEARING/VALENTINE TERMS containing NINE letters horizontally in alphabetical order.

December Solution

B	E	T	H	L	E	H	E	M
C	E	L	E	B	R	A	T	E
C	R	A	N	B	E	R	R	Y
F	I	R	E	P	L	A	C	E
G	R	E	E	T	I	N	G	S
M	I	S	T	L	E	T	O	E
R	E	I	N	D	E	E	R	S
S	T	O	C	K	I	N	G	S
T	R	A	D	I	T	I	O	N

LOST & FOUND PETS

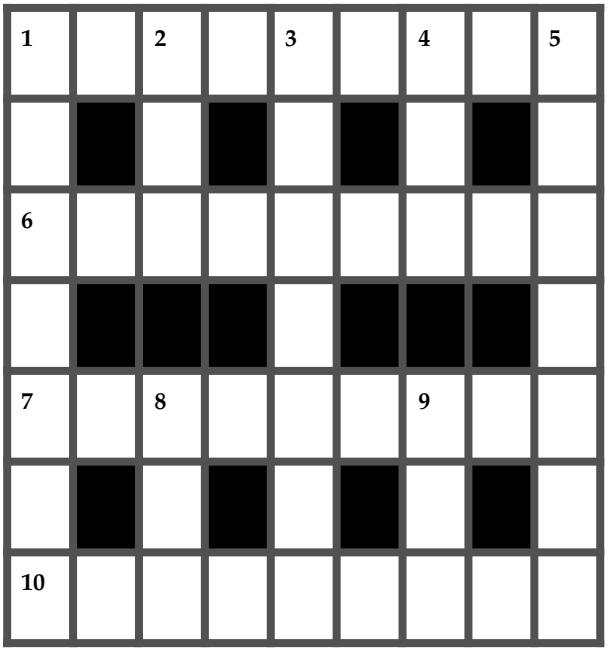
This group is for animal lovers, who are either looking for their missing pets, or have found or spotted a possible missing pet in Cambridge and surrounding areas.

Please join us/ share with your friends!

http://bit.ly/LnFPetsNearCambridge

December Crossword Solution: Across- 1.Christmas. 6.adoration. 7.Ideal type. 10.greetings. Down--- 1.coating. 2.Rio.3.starlit. 4.mai. 5.singers. 8.Exe. 9.yen.

CROSSWORD



Across -

1.enthusiasm for ones job. 6. major area of New York. 7. group of music makers. 10.tax collector.

Down-

1.------ Hall NT large Cambs house. 2.managed. 3. paints. 4. headwear. 5. to have inside. 8. nation wide cycling club (Cycling UK). 9. --- cat.

IN-HOME SHOPPING SERVICE

Age UK (formerly Age Concern) offers a Shopping Service and will arrange to have your groceries delivered to your home. Their telephone number is **01354 696650**.

This is especially useful for heavy items and extra money can be saved when bulk items are shared between friends and family.

There may be a small charge for these services, more detail is available here; http://bit.ly/ageukshopping

Handy Contact Details

Cambridgeshire County Council

Births, deaths and marriages; buses; customer protection; education; libraries; public health; recycling and waste; roads and highways; social care; street lighting; trading standards; transport and travel. **01223 717111**.

South Cambs District Council

Housing: bit.ly/schousing **03450 450051**

Benefits: bit.ly/scbenefits **03450 450061**

Not sure which Council to contact? bit.ly/cccwhichcouncil

Library Services (including Audio Books and eBooks); bit.ly/cccmylibrary

Report a footpath, right of way, or road issue; bit.ly/ccchighways (you will be presented with a map to pick a location)

You can contact Care Network UK which has Community Navigators and work with Help at Home to provide advice and information for the Retired on **01954 211919**.

Supporting Volunteers
Encouraging Independence
Developing Good Neighbour Projects

If you would like further help and assistance you can phone Age UK on **0800 169 6565**.

If you cannot afford to eat, Cambridge City food bank – **07772 538628** – have distribution centres on different days throughout the city. On Monday and Friday a distribution centre is open at St Pauls Centre, Hills Road Cambridge and on Wednesday at Our Lady and English Martyrs Catholic Church, Hills Road, Cambridge. Other outlets are available please phone for more information.

LISTENING BOOKS

Listening Books is a registered charity (number 264221) offering high-quality audiobooks to some 60,000 people across the UK who find that an illness, physical or learning disability or mental health condition impacts on their ability to read or hold books.

Membership costs £20 a year for downloads, £35 for MP3 CD's (in the post), and £45 for both. A number of free spaces are available.

Call 020 7407 9417, email info@listening-books.org.uk, or visit their website https://www.listening-books.org.uk/

SINCE 1959
LISTENING BOOKS

CRAZY DOG LADY PET SERVICES

Services include:

Dog walking

Other pets and puppy pop-ins

1-2-1 training

Friendly, Reliable, Fully insured, DBS checked, APDT trained.

For more information and prices visit www.crazydogladyservices.co.uk or call Sarah on 07913 690021

Upcoming Events

Date	Event	Pag	Where	Time
Jan 27	Drop In Councillor Sessions	5	Parish Council	10:30
Feb 6	8 o'clock club: "There is nothing like a dame"	2	School	20:00
Feb 8	Olive Tree Bereavement Support Group	6	Octagon	10:30
Feb 8	Glamtastic	9	Social Club	
Feb 11	Bar Hill Fete and Festival Committee Meeting	1	Social Club	19:30
Feb 11	Health & Wellbeing Club	11	Tesco	14:00
Feb 12	UK Ladybird Survey (Wildlife Trust)	37		19:30
Feb 13	NWR Research a forgotten skill/ talent	10		20:00
Feb 15	Indoor Car Boot	7	Church	10:00
Feb 19	Messy Church	6	Octagon	15:15
Feb 19	Bar Hill Crafts Shed	30	Octagon	10:00
Feb 22	Bring Your Own Craft Group	6	Octagon	14:00
Feb 25	Bar Hill Book Club	10	Social Club	19:30
Feb 27	NWR Speaker	10		20:00
Feb 27	Royal British Legion	10	Octagon	19:30
Feb 29	Rock n-roll Bingo	9	Social Club	
Mar 5	8 o'clock club: Relaxing & reducing anxiety	2	School	20:00
Mar 7	Bar Hill Community Market	15	Octagon	10:30
Mar 11	From Teasdale to Inis Mor (Wildlife Trust)	10		19:30
Mar 12	Flood & Severe Weather Support Meeting	1	Octagon	18:30
Mar 12	NWR Island off the British Isles	10		20:00
Jul 4	Bar Hill Fete and Festival 2020	1	Village Green	11:00

Day	Event	Pag	Where	Time
Alt. Sun	Comberton Ramblers	15		
Fri	Indoor Carpet Bowls (Term Time Only)	28	See page	19:30
Mon	Happy Hours Monday Club	11	Octagon	11:00
Mon	Sing It Out/ Community Choir	4	Octagon	19:30
Thur	Knit & Natter	6	Octagon	1:15
Tues	Rhymetime	12	Library	2:15
Wed	Coffee Stop	6	Library	10:00
Wed	Art Group	6	Octagon	13:30
Wed	Bar Hill Health Walks	9	Maple Surgery	10:30
Wed	Wednesday Wander	28		10:15
Wed & Fri	Playpals Baby and Toddler Group (Term Time)	31	Octagon	9:45

Comments? Questions? Anything you'd like to see? Anything you don't think is particularly useful?
Please fill in our survey; http://bit.ly/BHNSurvey